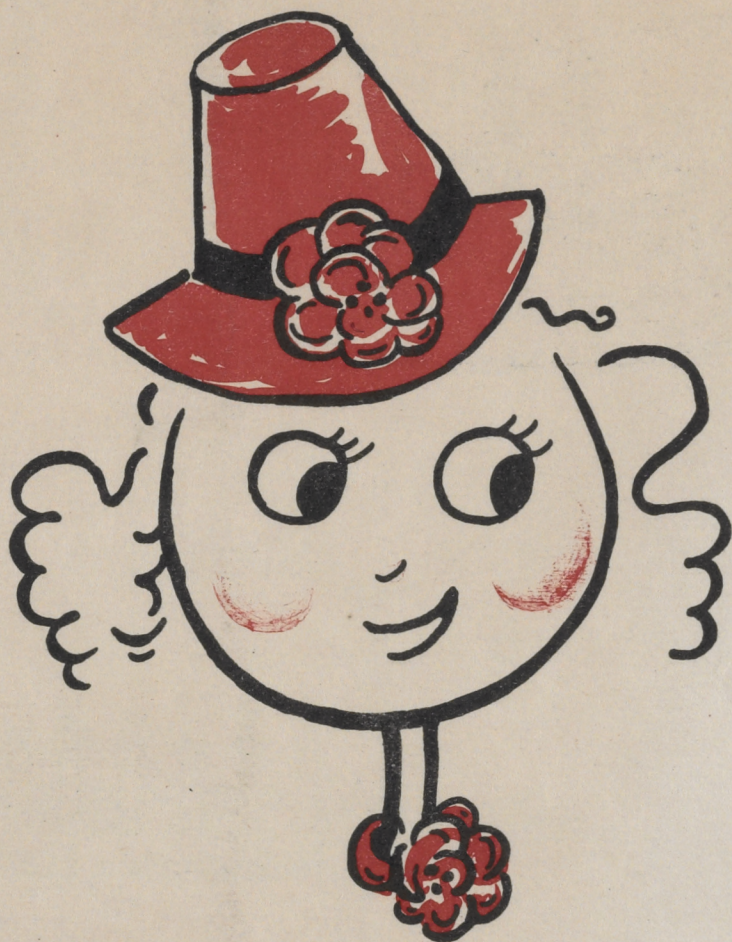


Hey Mom -



Have you a *Pre-Schooler*?

We mean children

from...



to...



537 20/3

If one of your little -



- is between 2 and 6 -

Read on, Mom...

'cause this is for you!

So first...

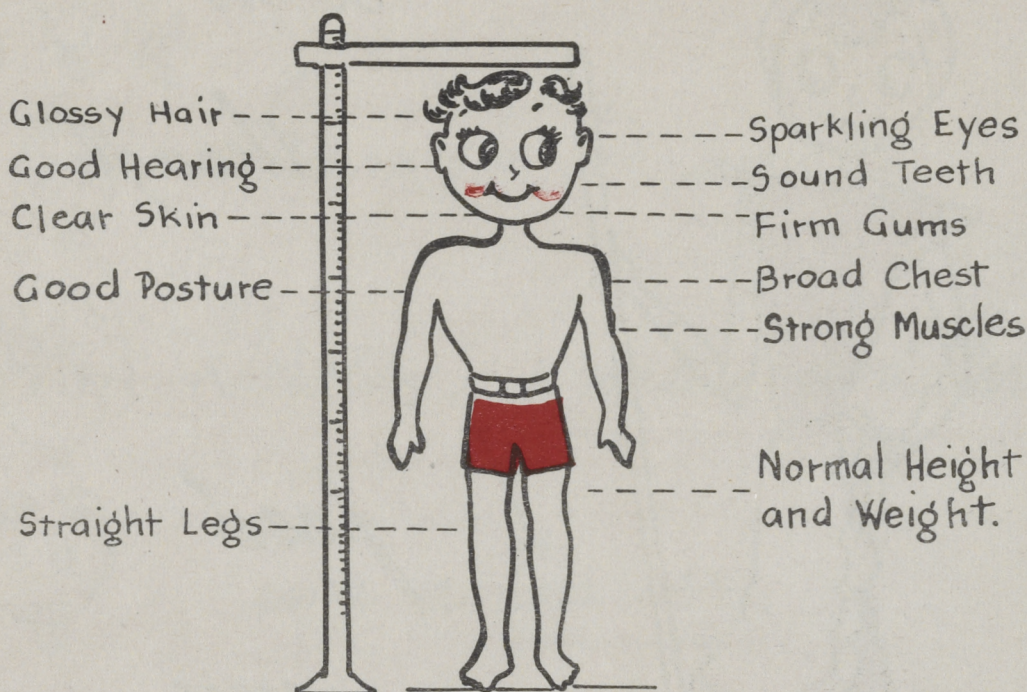
Let's ask the Doctor at his leisure
for a little advice. (he says it's a pleasure)



Doctor says...

"Bring me a child who is well fed
He should be A-1 from toe to head."

Here's Junior - so take a
good look -
If he's not like this - read
on in this book !



And he sleeps soundly
eats heartily
plays happily

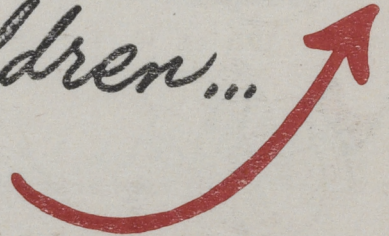


Yet... you say...



Even
though

I feed
my
children...





Fred's too fat.



Sally's too skinny.



Sammy's too small.



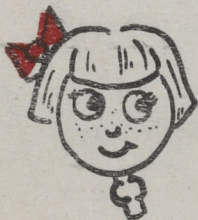
Dorothy's a "meal-dodder."



Tim's a tarrier.

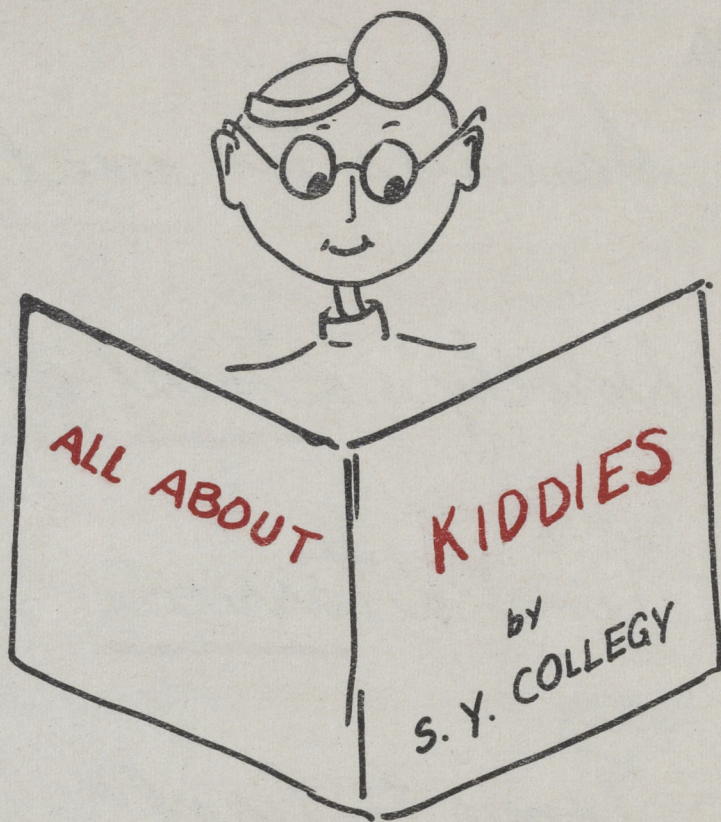


Tom's too tired.



Grace's a "gulper."

So ... Lift up the book
For another look ...



IT REALLY DEPENDS ON WHAT YOU DO,
THE WAY YOUR CHILD EATS IS UP TO YOU !

HERE ARE POSSIBLE CAUSES OF HABITS BAD -

READ AND REMEMBER AND YOU'LL BE GLAD!



If Pa says "I hate parsnips,"
as many do,
Then Baby won't eat 'em -
he's copying you!



If Mom scolds Junior
for being late,
He may feel contrary
and won't touch his plate!



If Jim Jr. eats candy
before his meal,
His supper-time food
may lack appeal!

And...



If sister Sue wont
touch her food
Try putting her in a
happier mood!

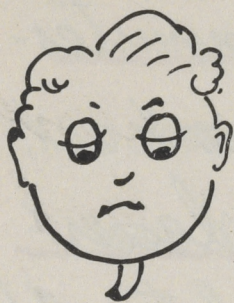


If Jane is unhappy or
tired or cross,
She may have tantrums
to show she can boss!



If you plan to serve foods
that are new,
One at a meal is the
thing to do!

Then again...



If his plate you cover
with a large amount,
His joy in new food will
be no-account!



If you neglect color-
variety-appeal,
His mouth-to new foods -
you'll probably seal.



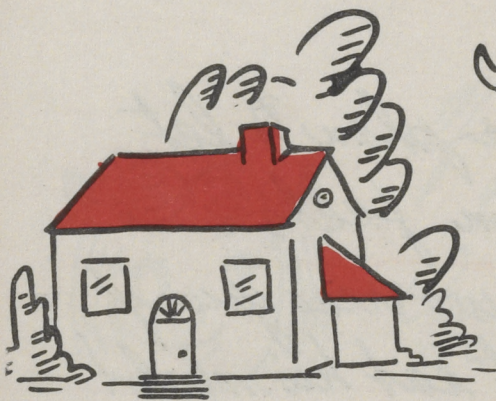
It's a poor plan to let
him feel,
That it worries you if
he'll not eat his meal!



If in twenty minutes-
Her meal she won't eat,
Take away her dessert
No after-meal treat!



If you're in a hurry
to fill a bridge date,
Try forcing food in him
You're sure to be late!



If home is happy
and training true,
Meals for Pre-schoolers
Will be trial-less
for you!

NOW MOM - TO SPARE HIS DIGESTION
IN PLANNING WHAT TO FEED,

OBSERVE THE FOLLOWING SUGGESTIONS
IN THIS DO-NOT-FEED CREED!



→ FATTY AND FRIED FOODS.



→ HOT, FRESH, QUICK BREADS.



→ HIGHLY SPICED FOODS -
SAUSAGES AND PICKLES.



→ CANDY, SOFT-DRINKS, -
PIES AND PASTRIES.

The emphasis, however, to make
matters right,
Must be placed on the foods
to make him bright!



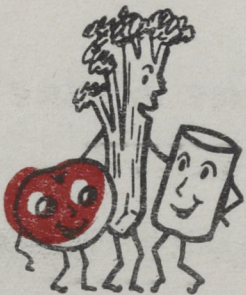
PASTEURIZED **MILK** FOUR TIMES A DAY,
FOR BUILDING FRAMEWORK IS BOUND TO PAY!



MEAT, BEANS OR FISH - A TASTY SERVING,
BE PROTEIN WISE - FOR ITS STRENGTH CONSERVING.



A FRESH **EGG** DAILY IS GOOD PROTECTION
FOR BLOOD & BUILDING - A GOOD SELECTION!



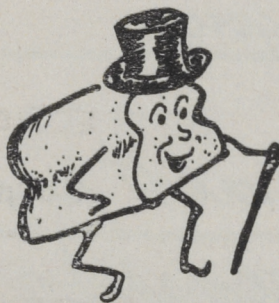
VEGETABLES COLORED, SERVED COOKED,
RAW OR CANNED,
POTATOES ONCE DAILY AS YOU HAVE PLANNED!



LOTS OF **FRUIT** JUICES, OR COOKED,
CANNED OR DRIED,
BRINGS HEALTHFUL PROTECTION AND
FOOD NEEDS SUPPLIED!



WITH PORRIDGE ITS SMART TO BE
OLD-FASHIONED,
SERVE **OATMEAL** - ITS CHEAP AND
NEVER RATIONED!



EVERY DAY SERVE HIM **BREAD**, MADE
FROM WHOLE WHEAT,
ITS ENERGY PLUS, AND MAKES HIS
DIET COMPLETE!



NOW THAT FAMILY ALLOWANCE IS HERE
FOR HIS USE,
COD-LIVER-OIL IN WINTER YOU'LL CHOOSE!



The purpose of this tale
In more serious terms,
Is to develop good habits
And help defeat germs.






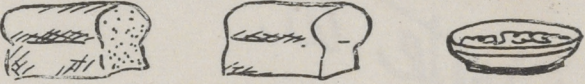

In case you have trouble
(Know not what to do)
See your doctor & health Nurse
They'll always help you.



And on the next page
Are some rules made for you
Pin up in the kitchen.
And each day follow
thru.

over 
here

Every day~Eat this way

MILK	 <p>at least ONE QUART</p>
MEAT	 <p>at least ONE SERVING or fish, poultry, beans, nuts or cheese. USE LIVER FREQUENTLY.</p>
EGGS	 <p>1 EGG</p>
VEGETABLES	 <p>LEAFY VEG. or YELLOW + POTATOES + 1 OTHER + 1 RAW.</p>
FRUIT	 <p>CITRUS or TOMATO + 1 OTHER FRUIT JUICE or JUICE (raw, cooked or canned)</p>
BREAD & CEREAL	 <p>WHOLE WHEAT or CANADA APPROVED BREAD (one slice or more at every meal)</p>
COD LIVER OIL	 <p>at least ONCE DAILY.</p>

Write for:

Other nutrition publications for you
free of charge....

- Canada's Food Rules.
- Better School Lunches.
- Every Day - Eat This Way.
- Healthful Eating.
- If You Eat.

Write to:

Manitoba Department of Health
& Public Welfare.
320 Sherbrook St., Winnipeg.

The End

Manitoba Department of Health & Public Welfare,
Health & Welfare Education,
320 Sherbrook St., Wpg.

